

## Fruit and vegetable list

**Fruit or juice:** fresh, frozen or canned without sugar. Do not use dried fruit.

### 10% (Use amount prescribed)

Applesauce (unsweetened)  
 Apricot  
 Blackberries  
 Cantaloupe  
 Grapefruit (pink, red, white)  
 Guava  
 Honeydew melon  
 Kiwi  
 Mango  
 Nectarine  
 Orange  
 Papaya  
 Peaches  
 Pineapple  
 Raspberries  
 Strawberries  
 Tangerine  
 Watermelon

### 15% (Use 2/3 amount prescribed)

Apple (with skin)  
 Blueberries  
 Cherries (sweet or sour)  
 Grapes  
 Pears  
 Plums



**Vegetables:** fresh, canned, or frozen. Measure raw (**R**) or cooked (**C**) as specified.

#### Group A (Use twice amount specified)

Asparagus <b>C</b>	Radish <b>R</b>
Beet greens <b>C</b>	Rhubarb <b>R</b>
Cabbage <b>C</b>	Sauerkraut <b>C</b>
Celery <b>C</b> or <b>R</b>	Summer squash <b>C</b>
Chicory <b>R</b>	Swiss chard <b>C</b>
Cucumbers <b>R</b>	Tomato <b>R</b>
Eggplant <b>C</b>	Tomato juice <b>R</b>
Endive <b>R</b>	Turnips <b>C</b>
Green pepper <b>R</b> or <b>C</b>	Turnip greens <b>C</b>
Poke <b>C</b>	Watercress <b>R</b>

#### Group B (Use amount specified)

Beets <b>C</b>	Kohlrabi <b>C</b>
Broccoli <b>C</b>	Mushroom <b>R</b>
Brussels sprouts <b>C</b>	Mustard greens <b>C</b>
Cabbage <b>R</b>	Okra <b>C</b>
Carrots <b>R</b> or <b>C</b>	Onion <b>R</b> or <b>C</b>
Cauliflower <b>C</b>	Rutabaga <b>C</b>
Collards <b>C</b>	Spinach <b>C</b>
Dandelion greens <b>C</b>	Tomato <b>C</b>
Green beans <b>C</b>	Winter squash <b>C</b>
Kale <b>C</b>	